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## American Sokol

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### AMERICAN SOKOL ORGANIZATION

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A.S.O. Executive Board meets every 4th  
Tuesday (except July/August), 7:30 P.M.

A.S.O. Board of Instructors meets every 2nd  
Wednesday (except July/August), 7:30 P.M.

## From Your Editor...

Happy New Year! As I type, we in the Chicago area are being buried under inches and inches of snow – the most we've seen at one time since 1978. Since I'm pretty much trapped indoors for a few hours, what better time to put the publication together! It does take hours of typing and scanning and editing and placing and shuffling. Fun! Better than shoveling snow at least.

#### NA ZDAR!

Sis. Patricia Satek  
46 Northgate Road  
Riverside, IL 60546-1639

## CALENDAR of EVENTS

#### JANUARY

8-10 Central District Progressions  
Clinic  
10 Sokol Berwyn-Slavsky  
Membership Dinner  
16 Sokol Berwyn-Slavsky  
Candlelight Bowl  
23 United Sokols of the East  
Bowling Tournament  
29 Sokol Detroit Gymnastic  
Demonstration

#### FEBRUARY

7 Sokol Milwaukee Pork/  
Jaternice Dinner  
7-9 Sokol Ceska Sin Ski Trip  
21 Sokol Detroit Annual  
Membership Meeting

#### MARCH

20 Czech Heritage Festival,  
Corpus Christi, TX  
21-22 Sokol Berwyn-Slavsky  
Exhibition

**SOKOL USA NATIONAL SLET**  
**JUNE 23-27, 1999**  
**CLEVELAND, OHIO**

**XIII ALL-SOKOL SLET**  
**JUNE 26-JULY 2, 2000**  
**PRAGUE, CZECH REPUBLIC**

## THOUGHT STARTERS

from Bro. Jerry Milan, A.S.O. Educational Director

*"Recall it as often as you wish—  
a happy memory never wears out."*

## Our Sokol Credo

*To build a healthy and beautiful human body; to cultivate a harmonious and total person; to develop firm character, a well-rounded disposition and a love of truth and justice; to produce strong, lovely and honorable people; that is the goal of a Sokol education.*

# SOKOL TOWN OF LAKE CAMP REUNION

Reunion! Reunion! A gathering together!

On October 11, 1998, a picture-perfect day, former campers of Sokol Camp in Willow Springs, Illinois held their annual reunion. Amidst picnic tables near the monument to "Teach Kolena," some 41 oldsters and youngsters gathered to reminisce about their memories of those days gone by. There were those taking walks and others sharing picture albums. Some coming from but a few miles away, others from as far as Texas. There was chicken a plenty, salads and goodies of all kinds which added to the spirit of the occasion. October 10, 1999 will be the day of the next reunion at Sokol Camp. So mark your calendar, we'll be expecting you! And don't forget your old camp pictures!



*Na Zdar! Bro John Stribny*



# The Truth About America's Multicultural Agenda

*By Sanford Unger, Dean of the School of Communication at American University*

Now that the United States has no clearly identifiable enemies overseas, some zealous Americans have searched hard and found new ones at home: the "multiculturalists."

These dangerous characters lurk, if we are to believe the zealots, in universities, think tanks, ethnic organizations and the media, and they are destroying traditional notions of citizenship by recklessly broadening the definition of what it is to be a good American. They tolerate immigrants who hang on to their original languages and do things their own way.

The zealots ride circuit like preachers of another era and they turn up in certain places and on predictable occasions work themselves into a lather warning the innocent citizenry of the dangers inherent in the "multicultural agenda" that is allegedly infecting the fabric of our society. One of their favorite anecdotes involves a soccer match in Los Angeles where people of Mexican origin - are you ready for this? - actually cheered for a Mexican team against an American one.

Many of the zealots are people we know to speak and write sensibly on other issues, but on this one they seem to have gone 'round the bend. They were out in particular force at a recent conference at the Cantigny estate in Wheaton (Illinois), sponsored by the McCormick Tribune Foundation and the National Strategy Forum, on the theme, "Who Belongs?

Citizenship in Conflict in the 21st Century." The meeting was loosely organized around some of the ideas in Georgie Anne Geyer's book, "Americans No More: the Death of Citizenship," which laments "the complex and conflicting extra national loyalties of the American people and the dilution of our civic culture."

Geyer celebrated Independence Day this year, in a column in (the Chicago Tribune), by taking a whack at those of us (albeit a minority at this particular gathering) who were skeptical of the hysteria. She used the M-word and accused us of believing "that there is no American nation." As if to discredit anyone who might yet subscribe to this dangerous doctrine, she revealed that it had "developed out of Marxist thought in American universities from the '30s on." And she complained once again about immigrants who "pour in illegally, with virtually no 'Americanization' process to greet them."

Nonsense.

My dispute with Geyer, a longtime friend, is over what constitutes this unique "American nation." Unless you count the Native American culture found by Columbus and other explorers when they arrived here - and actually there were many different cultures co-existing even then - there has never been a single, clear, unanimously accepted definition of what it is to be an American.

Of course, it is a time-honored,

all-American tradition fret over this and to accuse the latest wave of immigrants of ruining everything. In the late 18th Century, Benjamin Franklin complained that the Germans were taking over. In the middle of the 19th Century, the aptly named "Know-Nothings" lashed out against all foreigners. Early in this century, Irish and Italian newcomers were the particular victims of severe discrimination. And Jewish, Polish and Cuban immigrants of not so long ago could certainly match today's arrivals from Asia, Africa and Latin America with tales of the prejudice they encountered.

So what should current efforts at Americanization teach? How to eat pizza, perhaps, or bagels. Or should it be egg rolls and fajitas, gyros or sushi? Maybe we should stress the African origins of current music and dance. And we could always pass out lists for them to memorize of outstanding athletes who came here from the Dominican Republic, Japan and Scandinavia, or of leaders in foreign police like Henry Kissinger, Zbigniew Brzezinski and Madeleine Albright.

Shall we instruct the new immigrants about American entrepreneurship? If so, we might draw upon a recent Washington Post feature about the man from India who started an information-technology company that now has annual revenues of \$53 million, the broadcasting mogul from Peru, the Vietnamese family

*Continued on Page 10.*

# WILBER SOKOL HALL LISTED IN NATIONAL REGISTER OF HISTORIC PLACES

*From The Wilber Republican, Wilber, NE by Sandy Smith*

The Nebraska State Historical Society announced that Wilber's Sokol Auditorium Building was officially listed in the National Register of Historic Places on July 23, 1998, for its association with the Czech-American ethnic culture. The Sokol movement, founded in Prague in 1862, is a Czech gymnastic order which advocates "a sound mind in a sound body" while promoting patriotic and cultural learning.

The National Register of Historic Places is the nation's inventory of properties deemed worthy of preservation. It is part of a national program to coordinate and support local and private efforts to identify, evaluate and protect the nation's historic places and those who contributed to our country's heritage.

Sokols came to Wilber around 1880. At first they worked out their gymnastics in the first Wilber Opera House, which was located on Main Street, east of the railroad tracks. In 1891, they purchased ground two blocks north of the center intersection of Wilber, where they built their own hall. They became inactive for a period of time, starting up again around 1901.

During World War I, around 1915, the Sokols sold their hall and donated the money to the

defense of oppressed Czechs in Europe. their equipment was loaned to Crete, with the understanding that if ever needed, the Wilber Sokols would take it back.

The third time the Wilber Sokol tried to organized was on October 7, 1925. A group of friends gathered at the home of Mr. and Mrs. Vaclav Novak and the possibility of reorganizing an active Sokol was discussed. Two weeks later, Telocvicna Jednota Sokol Wilber had its third start. In January, 1926, B.J. Vasak was elected president. Board of Directors was John Vesely, Charles Pospisil and John Zvonecek.

The Sokol organization had many young men who answered the call of their country during World War II. The American Legion Post, Louis Milan #101 in Wilber was named in honor of one of those young Sokols, Milan Dejml, who gave his life for his country. He was the first Wilber casualty of World War II.

In July, 1926, the Sokols purchased lots north of the Masonic Hall and built a platform and stage, calling it a pavilion. It was intended as only a temporary structure to serve until finances could be raised to build a permanent hall. The first dance

*Continued on Page 10.*

MEMBER **INSIGHT**

*By Sis. Joan Curran  
ASD Membership Chairman*

We knew it before all the physical fitness gurus did... that physical and mental activity will help you keep young!

Yes indeed, a "sound mind in a sound body" is a motto that many of today's fitness leaders would like to use, but it's ours, it belongs to SOKOL!

One man's vision and philosophy has left us with a legacy of endurance and loyalty. Through this teaching, Sokols have spread the world over to become teachers and leaders. All this from a sound mind in a sound body.

Unit membership is part of this mind/body package. It is our back-up system that keeps us fine-tuned and able to carry on all the works that we do. Keep those memberships coming! Pay your dues! It's a small price at today's standards. Some of those guru classes cost megabucks and soon come crashing down. To be a member of a "class act" is a passport to greatness!

NA ZDAR!

# Doing An Interview with a Sokol Veteran

Based on a group discussion at the ASO Instructors School, Ennis, Texas, July 1998

There is a need to keep the memories of Sokol veterans. Their personal lives have brought the Sokol organization to the point at which we have arrived. The set of questions we developed during our session at Ennis follow.

## SUGGESTIONS FOR INTERVIEWS

1. Be sure the veteran knows that you "really" want to do this.
2. Ask for an appointment with them and make sure you "sacrifice time" in order to be at the appointment. Visiting in a sitting area at the Sokol hall is a good place to do interviews, but try to pick a location where there will not be constant interruptions.
3. Use a set of prepared questions. Some people like to see the questions in advance, so be ready for that.
4. Modify these questions if you wish. You may have a better idea of what you are looking for after you do several interviews.
5. Get comfortable. If you have an audio tape recorder, ask if you may use it to help your memory. Have something to lean on so you can take notes.
6. Don't try to do a videotape interview until you've done several without a tape.
7. Follow your prepared set of

questions, but you can add "follow up questions" at the end. It is more comfortable, particularly for veterans to whom you showed the prepared questions, to follow the plan and then "add on."

8. Gather information - don't debate with the person you interview.
9. If a question doesn't get a useful answer, put down their answer anyhow. They say what they think and that's important.
10. End up by saying, "is there a question I should have asked and didn't?"

## SUGGESTIONS FOR TRANSCRIBING ANSWERS:

1. It may be useful to write out the answers and questions together. If you put these questions into a database document on computer, you can use the "shell" (the questions) and simply fill in the answers.
2. You could try to do one "profile," a Sokol member's story, by weaving the quotes into a narrative (story).
3. You could use a number of interviews to try to get "snapshots" of your unit's history by using special memories from each interview to form a little unit "album;" e.g., "during the 1950s, our unit had several interesting events..."
4. You certainly should show the hard copy (final print out) to the person you interview.

Sometimes this leads to a second interview. Be ready. As the people you interview for permission to make copies of the story.

5. Give one or more copies of your work to your Sokol unit. Give one to the person you interview. Ask if your interview can be printed in the unit newsletter. Send a copy to your city or county historical center/library (they like oral histories).

## SAMPLE QUESTIONS FOR AN INTERVIEW

1. At what age were you when you became a Sokol? What year was that?
2. What was the first Sokol unit you joined?
3. Have you belonged to any other Sokol units?
4. How many years have you been a Sokol?
5. Why did you join Sokol?
6. Were your parents involved in Sokol?
7. Did your family influence you to join Sokol?
8. Did you ever think of doing gymnastics before Sokol?
9. Why did you stay active in Sokol?
10. What is your favorite part of Sokol?
11. What is your favorite memory of Sokol?
12. Have you attended District Sokol Slets? If so, where and when was it and what is your best memory of the Slet?

*Continued on Page 10.*



AMERICAN SOKOL ORGANIZATION

# GYMNAST

Editor: Chuck Kalat -- 2401 Bluebonnet Dr., Richardson, Texas 75082



## **P.E. 2000: Climb Rocks, Not Ropes**

Gym class was dull drills, a waste of academic time, a flop at keeping kids fit -- until new sports like mountain biking rode to the rescue.

The physical education Karen Roesler teaches at Fargo (N.D.) South High School is gym class for a new millennium: rollerblading, rock climbing, aerobics.

Yesterday's old-fashioned, toss-the-ball-around curricula seemed to be alienating more students than they were pumping up. Meanwhile, a growing chorus of parents, teachers and administrators complained gym was wasting time that students should sink into academics.

The statistics hit like a medicine ball to the solar plexus: In the first half of the '90s, enrollment in high school physical education sank from 42 percent to 25 percent, according to a 1996 U.S. Surgeon General's report.

And while gym class was fading, kids were fattening: The proportion of children who are overweight has doubled in the past 30 years.

Finally, P.E. "has grown up," says one teen health expert of the Centers for Disease Control and Prevention. That means reinventing physical education to encompass fitness, wellness campaigns, physiology lessons, cycling and even rock climbing. A few programs are national standouts:

Roesler, named this year's secondary school Physical Education Teacher of the Year, says some of her greatest accomplishments with kids come in the "O" hour, before school actually begins. That's when you can find her and her students on the golf course or the curling rink, or doing aerobics. She's putting kids through the paces of sports they enjoy--and scheduling it when it doesn't cut into their academic day.

A lot of kids don't want to do traditional stuff. Mountain biking, archery, fly fishing and backpacking are among the electives offered at Cabell Midland High School in Ona, W.Va., one of the nation's most innovative P.E. programs. What inspired this new approach? At a softball game a few years ago, a P.E. teacher noticed students seemed a lot more interested in the mountain bikes beside the field than in the game.

At Clovis High School outside Fresno, California, P.E. classes are offered before school and during lunch. Among the electives: snorkeling, racquetball and skiing. Facilities include two gyms, an all-weather track, a near-Olympic-size pool and 12 lighted tennis courts--all open for community use after school hours.

The P.E. revival comes just in time: Only half of Americans between ages 12 and 21 get regular vigorous exercise, the surgeon general says -- and 14 percent don't exercise at all.

Yet while some programs innovate, others retrench. Illinois was long considered the last bastion of physical education because it's the only state still requiring four years of daily gym in high school. But, starting with this year's freshman class, the state will allow Chicago high schools to offer just two years of gym.

That kind of compromise drives physical educators nuts. To them, a day without gym is like a day without lunch: unhealthy.

Virginia Tech physical education professor George Graham won't defend physical education that offers neither a good physical workout nor a good education. Bad programs ought to be eliminated -- but good P.E. is good for kids."

By Steve Rhodes -- USA WEEKEND -- November 6-8, 1998

## **Something to Consider for SOKOL 2000????**

## Move it! Don't Lose it!

When it comes to muscle, the saying is true: "Use it or lose it." Your body is like a machine that stays in tune by being used. Some of the weakness that comes with age may be related to inactivity. Active people often

- ♦ have more energy for travel, volunteering or friends.
- ♦ feel good about how they look.
- ♦ have a good positive outlook.
- ♦ have stronger bones, better balance and coordination.

There are three things you need to work on to be physically fit: muscle strength, aerobic endurance and flexibility.

### Muscle Strength

Without strong, flexible muscles, anything physical becomes more of an effort, whether it is carrying groceries or getting up from a chair. Building strength doesn't mean you have to go to a gym. You can begin at home. Haul dirt in your garden to build strength in you legs or push a wheel barrow to build strength in you upper arms. Or, use common household items like unopened soup cans as hand weights.

### Aerobic Endurance

When you do aerobic activities, your heart beats faster and you breathe more quickly. Bicycling, swimming and brisk walking while swinging your arms are examples of aerobic activities. Aerobic activities may help you sleep better, feel energized and improve your circulation.

### Flexibility

Staying flexible is important so you can reach, bend, keep your balance and lower your risk of serious injury if you fall. Stretching is a great way to overcome muscle stiffness. Learn simple stretches from a fitness professional, from books at your local library, by watching exercise shows on TV, or by taking a flexibility or yoga class at your local community center.

**1999 SOKOL USA SLET**

**CLEVELAND, OHIO**

**JUNE 23-27, 1999**

## Sokol Instructor Digest

For many months, Brother Jiri Liska of Sokol Los Angeles has been busy submitting to the National BOI English translations of Czech language articles that appear in the Ceska Obec Sokolska (COS) publications: *Sokol* and *Sokolsky Cvicitel*. These translated articles have now been collected, edited, and published in a looseleaf publication called The Sokol Instructor Digest -- Volume I. This 74 page publication has a variety of subject material as reflected in the table of contents listing below and is intended to provide instructors working in our Sokol gymnasiums with training material and fresh ideas to help enliven their class activities:

- ♦ Gym Game -- Exercises on the Gym Game Set
- ♦ Floorball - New Dynamic Game for Everyone
- ♦ Using the Parent's Body as Equipment for Children
- ♦ Exercises with Tots
- ♦ Stations -- Strengthening Exercises on Equipment for Younger / Older Men
- ♦ Strengthening Exercises for Two
- ♦ Do You Know That ---?
- ♦ Exercise with a Chair for Middle and Older Age
- ♦ Women of Loyal Guard -- Horizontal Bar Exercises
- ♦ We Dance with Sigrid Linher
- ♦ Polka Does Not Only Mean Two Step
- ♦ An Outing in Spring
- ♦ Before Going to Ski
- ♦ Correct Posture for Health and Beauty
- ♦ Acupressure Prevents Cold
- ♦ What is Psychomotrics?

This new American Sokol publication is now available and is being distributed free of charge to all American Sokol unit and district directors. Additional copies are available for purchase through the national office at a nominal charge of \$5 each.

Brother Liska has continued to submit material which will appear in an additional volume(s) later this year.

**DON'T JUST BE A  
SOKOL MEMBER --  
PARTICIPATE**

## How Much Physical Activity Do Kids Need?

All they can get. Exercise--not just regular gym practice but any kind of physical activity, really is an integral part of educating the whole child. **Strong young bodies, make for strong young minds.** And yet more and more school districts are cutting back on physical education. Illinois is the only state with mandatory daily PE for children in kindergarten through 12th grade.

The National Association for Sport and Physical Education recently issued guidelines advising that children aged 6 to 11 be physically active for at least one hour and up to several hours each day. This doesn't have to be all at once but in periods of moderate to vigorous activity lasting 10 to 15 minutes -- or more.

Children need physical activity to build flexibility, cardiovascular fitness and muscle fitness. Regular physical activity also expends calories--an important consideration in maintaining an energy balance that can prevent obesity, a serious national health problem. Further, research shows that establishing the 'physical-activity habit' in childhood reduces the odds of becoming "totally sedentary" -- which describes about 25% of American adults.

As a parent, you need to be actively involved with your children. It's not easy. You're competing with the TV, computers, the Internet and Nintendo. Be creative. Plan walks after dinner. Play catch. Ride a bike or go on a nature walk. Shoot a few baskets. Go for a swim. Take a stand. Here's how:

- ♦ Talk to the PE teacher and the principal at your child's school about the curriculum, instruction time, teacher-student ratio, and how you can provide support.
- ♦ Encourage your children to practice skills and to share what they learned in PE classes.
- ♦ Contact other parents, the school board and PTA for assistance in improving the school's physical education program.
- ♦ **Encourage your children to participate in physical activities outside of school.**
- ♦ Encourage activities that can be done throughout life.

For a free copy of the booklet *99 Tips for Family Fitness*, send a self-addressed, stamped envelope to : National Association for Sport and Physical Education, 1900 Association Drive, Dept. P, Reston, Va. 20191-1599.

Michael O'Shea, *Parade Magazine*, 9/27/98.

## SAFETY FIRST

Part of the instructor's responsibility (duty) is to utilize the most appropriate equipment available for each activity based upon the participant's age, size, ability, fitness, readiness, and the specific skills being taught.

Activities that occur in typical gymnastics settings may utilize heavy apparatus (horse and bars), light apparatus (boxes and trapezoids), mat shapes, landing mats, skill cushions, landing pits, spotting rigs, and specially designed learning stations. Many activities can be classified as "gymnastics" under the expanded definition including General Gymnastics.

### APPARATUS USAGE PRINCIPLES

#### ♦ AGE, SIZE, WEIGHT, AND SKILL LEVEL OF STUDENTS

Use apparatus designed to match the level of the student. For example, a set of junior-sized parallel bars or p-bars blocks can be used by young beginners.

#### ♦ DISTANCE

There should be sufficient distance between working areas to allow participants to move from one to another without colliding.

#### ♦ INSTALLATION

Set up equipment using the instructions provided by the manufacturer.

#### ♦ LIGHTING

Make sure the area is properly lighted. Also, make sure the performing areas are not in direct sunlight so as not to impair any performer's vision.

#### ♦ SIZE, WEIGHT, AND FUNCTIONAL ABILITY OF THE APPARATUS

In most situations, full-size competitive apparatus is not required. But, when athletes are training for competitive routines, equipment and matting that meet or exceed the required specifications are appropriate.

#### ♦ SPECIFICATIONS

USA Gymnastics is the sole governing body for gymnastics in the United States.

#### ♦ TEMPERATURE

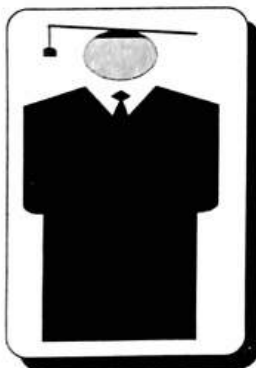
The temperature and humidity should be within a zone of comfort for the enjoyment, health, and safety of the participants.

#### ♦ TYPE OF ACTIVITY

The equipment should match the type of skills being performed. For example, in the early stages of circling movements on bars, the bars should be lowered.

*USA Gymnastics Safety Manual, 1998 Edition*

# 1999 MERIT AWARD



Upon recommendation of the Finance Committee and the Board of Instructors, the delegates of the XII American Sokol Convention, held in Detroit in June, 1975 approved Merit Awards to be paid from the Sokol Future Leaders Fund. **The Merit Award Committee is now accepting applications for the 1999 Merit Awards** from students who are planning a course or program in an accredited two-year or four-year college or who are already participating in such a course of study. The application process begins with the submission of the form below to obtain application forms and instructions.

The amount to be awarded is \$500 to two students per year per district which has under 1500 members, and an additional two students per year per district which has over 1500 members. The award is good for one year. An individual may receive only one award, and no renewal is available.

Failure to submit a transcript of grades for the year of the award to the American Sokol Merit Award Committee and/or failure to complete the year's course of study will result in request for repayment of the award.

The selections are made by the Merit Award Committee and approved by the American Sokol Organization Board of Instructors and the American Sokol Organization Executive Board. The following points will be considered by the Merit Award Committee in selecting the candidates:

1. Regular attendance in Sokol classes for at least three years prior to this application. Juniors may be included but must become adult Sokol members at age 17.
2. Successful completion of Sokol Instructor School(s) -- Unit, District, and/or National.
3. Teaching or assisting experience in Sokol gym classes.
4. Service to Sokol -- Unit, District, and/or National Organization.
5. Recommendation of Physical Director of Sokol Unit.
6. Recommendation of District Physical Director.

Although physical education study will not be a criteria, more consideration will be given to those training in the physical education field.

#### Merit Award Committee

Janet Kalat, Dave Harlan, Marie Ptacek, Dick Ptacek, Tom Pajer, Eva Balas (Chairman)

American Sokol Organization, c/o Merit Award Committee, 6424 W. Cermak Rd., Berwyn, IL 60402

I desire to make application for the American Sokol Organization Merit Award. Please mail application form and other application instructions to:

Name (signature): \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zipcode \_\_\_\_\_ Phone: \_\_\_\_\_

My age is: \_\_\_\_\_ years. I am a member of Sokol \_\_\_\_\_ of the \_\_\_\_\_ District.

APPLICATION REQUEST SHOULD BE RECEIVED NO LATER THAN MAY 1, 1999  
APPLICATION DEADLINE IS JUNE 1, 1999.

## FUTURE SOKOL LEADERS FUND

PURPOSE: To train and education young people to assure able administrators, the best of idealistic instructors and educational directors for Sokol Units and Districts.

From CSA Lodge Garfield-Midwest #117 "Charity Begins At Home" .....	\$15.00
In Memory of Vaclav Zenisek from Mrs. M. Jumik .....	\$20.00
In Memory of Bill Polacek from Elaine Collina .....	\$30.00
In Memory of Otto Polacek	
From the Marie Marquette .....	\$10.00
From Beatrice Santucci .....	\$10.00
In Memory of Jerry Rabas	
From the Rabas & Zizek Family .....	\$50.00
From Mark & Beth Leuck .....	\$25.00
From Joe & Ethel Rus .....	\$10.00
From Charles & Frances Malina .....	\$20.00

## GENERAL FUND

In Memory of My Parents & Grandparents from Anna Marie Moss .....	\$10.00
In Memory of Jerry Rabas	
From Ann Basta .....	\$25.00
From Joseph & Marie Koudelik .....	\$20.00
From Rose Rabas .....	\$50.00

## MUSEUM, LIBRARY & ARCHIVES FUND

In Memory of Otto Polacek from Rose & Stan Barcal .....	\$10.00
In Memory of Jerry Rabas from John & Carol Baratka .....	\$50.00
In Memory of George & Dave Cermak from Jerry & Henrietta Milan .....	\$50.00

## THE VOICE *...Readers Quips, Comments & Queries*

I would like to make a donation to the Future Sokol Leader Fund in honor of my Uncle Milan. He was my father's younger brother, who lived in Klabava, Czech Republic. We are so saddened here in New York, being thousands of miles away in America. I am hoping by making this announcement, my father's adopted family, his Sokol Brothers and Sisters, will be aware of our loss.

After my father's escape from Czechoslovakia, his brother Milan, also being a Sokol, was put into prison and unduly persecuted for his Sokol (Democratic) beliefs. For over 40 years, the Iron Curtain slammed shut any communication between my father and his family. Sokol became his family and I mean in the true sense of the word "family." Only in 1998 were they free to be a family again and be true brothers. Except time had stolen many healthy years and many memories. So, in honor to my father, Bro. Vladislav Slavik, and deep respect to my deceased uncle, I am sending this donation to the Sokol Leaders Fund.

Na Zdar! Sis. Julie Slavik-Weiss

One of our members was going through some old copies of "American Sokol" and found the "Sokol Notebook" series you compiled in 1987. Thought you'd like to know that I plan to use some of these in our "Red Folder" program. See, nothing is too old!

Na Zdar! Sis. Dorothy Cummings, Educational Director, Northeastern District

Congratulations on a superb October issue of "American Sokol." It was quite newsy and enjoyable reading. Keep up the good work.

Na Zdar! Bro. Don Otenasek, Former President Eastern District and Sokol Baltimore

# SOUTHERN DISTRICT SLET - JUNE 1998

PHOTOS by Sis. Rosie Steinman  
Submitted by Sis. Libbie Vrla



*Sokol Houston Volleyball Team*



*Southern District President, Bro. Larry Laznovsky (right) and his wife, Lil.*



*Competitors from Sokol KHB, Ennis, TX*



*Sokol Ft. Worth Volleyball Team*



*The 1998 Slet was dedicated to Sokol Ft. Worth's "Golden Girls" (Back Row) Anna Johnson, Rosie Steinman (Front Row) Mary Pavey, Jeanie Mason, Mary Renfro.*

# American Sokol Little Ferry 50-Year Member Remembers When...

As I hold the Gold 50-Year Pin in my hand, the "remember whens" come to my mind. I remember when my grandmother told me she and my grandfather were Sokols in Bohemia. When they came to America, they became members of the New York Sokols along with their six children. Then, when the grandkids came along, we too became Sokols. My two cousins belonged to the New York unit, another cousin to Astoria and me to Little Ferry. Remembering those years as the "growing up" years, we learned discipline, attention, concentration and camaraderie. We had admiration and, above all, respect for our elders. Many of us became teachers for Sokol classes.

Not only did we meet and become friends with the

members of our classes, but we befriended members of other Sokols at our Slets and competitions, such as Chicago, Cleveland, Randalls Island and Sokol Camps. This background became the inspiration for my choice of vocation. I went to Panzer College and became a Physical Education and Health Teacher. I taught two years in Bogota High School and 24 years in the Passaic School System. In between, I spent four years in the Army Medical Corps as a Physical Therapist, where my background in body mechanics came to the foreground.

Another "remember when" – every Sunday practice, exhibition and Slet, I had as a partner (when we had the combination Men's and Women's

calisthenics) the same partner! Well, I had him as my same partner for 43 years! There was and I think is, romance, besides calisthenics, in being a Sokol.

My two sons were Sokols until their high school years, when their school activities became too time consuming and they were unable to continue attending Sokol classes. My activities in school and teaching "English As A Second Language" at night, made it difficult for me to continue also. Now, my friends Rose Capek and Florrie Kubicek and I burn the telephone wires and invariably we will close saying "remember when?"

Thank you for your kindness in awarding me this 50-year pin. I will cherish it for all it stands for.

*Na Zdar! Sis. Evelyn Hilsky,  
American Sokol Little Ferry*



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*Reprinted from Sokol Ceska Sin newsletter,  
from Professional News Bytes 1998.*

# Doing An Interview

Continued from Page 6.

13. Have you attended a National Slet? If so, where and when was it and what is your best memory of the Slet?
14. How do you think Sokol is different today from when you joined?
15. How have Sokol juniors changed since you were a junior?
16. What advice would you give to Sokol gymnastics instructors today?
17. What could we do to improve our local Sokol unit?
18. What has Sokol meant to you?
19. What part did you play in the life of this Sokol unit?
20. What question should I have asked you that I didn't?

# Multicultural Agenda

Continued from Page 4.

that scraped and saved to open a restaurant and the woman from Sierra Leone who hires people coming off welfare to work for her commercial cleaning firm.

Surely a contingent of ethically compromised politicians could be persuaded to tour the country lecturing on "family values" to immigrants, who continue to bring parents, siblings and children to this country and take good care of them when they get here.

Next could be some pious words about religion to the ethnic groups who have revived abandoned churches and other houses of worship in our cities. Then, explanations of the importance of home ownership, which is rising dramatically among immigrants. And, from the people worried about the condition of our "civic ideals," instructions on voting, which is reaching new lows among

native-born Americans, even record numbers of immigrants opt to become citizens.

You get the point. America is changing, as it always has. That is what makes us different from encrusted, homogeneous World societies. New people are coming - the vast majority of them legally - because they expect to find work and opportunity and self-fulfillment as they invariably have. They are, in effect, voting with their feet, answering our worldwide boasts and advertisements about what we have to offer. Generally they add value to the economy and zest to the culture. Let's not turn on them, out of fear of some multiculturalist phantom, and demand conformity to we know not what. Instead, we should thank them for continuing to believe in us.

It's enough to make you feel really proud to be an American.

## WILBER SOKOL HALL

Continued from Page 5.

was held at the new pavilion on July 7, 1926. In September, 1926, they purchased their first piano for \$125. The pavilion became one of the popular dancing and amusement places in Saline County. An open air pavilion in the summer time, the walls were easily closed up so the building could be used year round. In 1930, it was rebuilt to a modern auditorium. IN 1947, an addition was built and the front of the building was remodeled with modern brick and glass tile.

Besides the regular gymnasium activities, the Wilber Sokol sponsored the Czech School, Dramatic Club, Czech Circle Club and a song class. Gymnastics classes were held in the building until the early 1980's.

The Nebraska State Historical Society will send a certificate to the Wilber Sokol Organization in recognition of being listed in the National Register. Sokol Auditorium continues to serve the Wilber community in preserving and promoting Czech culture in Nebraska.

*Submitted by Sis. Sylvia Laznovsky from Sis. D. Springer*

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